

7th Annual Arnold Amateur
IFBB/NPC International Bodybuilding,
Classic Bodybuilding
Fitness, Figure, Bikini and Physique
Championships

February 28-March 2, 2013
Columbus, Ohio USA

Inspection Report

WELCOME

The honorable Gov. Arnold Schwarzenegger, James L. Lorimer and Promoters Bob Lorimer and Mike Davies are proud to host the 7th Annual Arnold Amateur IFBB/NPC International Bodybuilding, Classic Bodybuilding, Fitness, Bodyfitness/Figure, Bikini & Physique Championships in Columbus, Ohio.

The Arnold Amateur features more than 700 competitors from more than 80 nations and is one of the most prestigious amateur bodybuilding contests in the world.

LOCATION

The Arnold Amateur is held in Columbus, Ohio USA in conjunction with the Arnold Sports Festival, the largest multi-sport event in the USA with more than 18,000 athletes competing in 45 sports and events. The Arnold Classic, Ms. International, Fitness International, Figure (Bodyfitness) International and Bikini International are among the IFBB Pro League contests held in conjunction with the Arnold Sports Festival. Venues for the Arnold Amateur include:

Veterans Memorial
300 W. Broad St.
Columbus, Ohio 43215

Greater Columbus Convention Center
400 N. High St.
Columbus, Ohio 43215

COMPETITOR ELIGIBILITY

Any Bodybuilding, Fitness, Bodyfitness/Figure, Bikini or Physique athlete residing in the United States who is registered as a member of the National Physique Committee and has placed in the top five in an NPC National qualifying event; or the top international IFBB amateur competitors who are recommended by their respective national IFBB affiliates.

THERE IS NO QUALIFICATION NEEDED FOR MEN'S CLASSIC, MEN'S & WOMEN'S PHYSIQUE AND BIKINI DIVISIONS FOR U.S. CITIZENS. The Arnold Amateur reserves the right to decline entry to any athlete who does not meet these requirements.

NUMBER OF ATHLETES/ COMPETITORS THAT WILL BE ACCEPTED

Due to the scope of the Arnold Sports Festival and time restrictions in the facilities we are utilizing, the number of athletes accepted will be limited. Registration is now open. We strongly encourage you to register early.

Registration Deadline is January 31, 2013.

No registrations will be accepted after Jan. 31, 2013. No Refunds On Accepted Applications. There Will Only Be Refunds On Denied Applications

REGISTRATION FORMS

U.S. ATHLETES ONLY register through the Arnold Amateur office. All others register through the IFBB. Forms available at www.arnoldamateur.com.

Mail Completed U.S. and Canadian Registration Forms to:

ARNOLD AMATEUR

c/o Bob Lorimer
1215 Worthington Woods Blvd.
Worthington, OH 43085

E-Mail Completed International Registration Forms To:

William Tierney
IFBB General Secretary
w.tierney@ifbb-us.com

HOST HOTEL

The DoubleTree Suites Downtown

50 South Front Street
Columbus, OH 43215
Reservations by phone (ask for Sales Coordinator): 1-614-228-4600
Password: CP 2013
Email reservations to: CMHSB.DS@hilton.com

**Indicate Arnold Amateur Athlete 2013 in email subject line / must have password.

\$159+tax.

Suites with microwaves and refrigerators. Access to the attached gym.

IMPORTANT ARRIVAL AND CHECK-IN NOTICES

All Arnold Amateur Competitors should arrive in Columbus, Ohio by Thursday, Feb. 28, 2013.

Mandatory athlete check-in for MEN'S BODYBUILDING, WOMEN'S BODYBUILDING, FITNESS, FIGURE, FIGURE MASTERS, MEN'S CLASSIC BODYBUILDING, MEN'S PHYSIQUE AND WOMEN'S PHYSIQUE MEN'S COMPETITORS is from 11 a.m.-4 p.m. on Thursday, Feb. 28 at Veterans Memorial.

MEN'S BODYBUILDING, WOMEN'S BODYBUILDING, FIGURE MASTERS AND MEN'S & WOMEN'S PHYSIQUE COMPETITORS may also check-in from 7-8 a.m. on Friday, March 1 at Veteran's Memorial.

AIRPORT SHUTTLE SERVICE

IFBB national federation presidents who are traveling through Port Columbus International Airport with their athletes should contact Bob Lorimer at bob@arnoldexpo.com to arrange shuttle service to and from the airport to the DoubleTree Suites Downtown for their respective national teams.

SHUTTLE SERVICE HOURS

Amateur athlete shuttle service will be available from the DoubleTree Suites Downtown to Veterans Memorial and the Greater Columbus Convention Center. Shuttle Hours are:

Thursday, Feb. 28: 1-11:30 p.m.
Friday, March 1: 7 a.m.-11 p.m.
Saturday, March 2: 7 a.m.-2:30 p.m.
Sunday, March 3: 7 a.m.-5 p.m.

TANNING NEEDS

For those of you with tanning or makeup needs, contact Jan Tana at www.jantana.com to book an appointment. We'll have competitor staff backstage to assist with all competition needs. No spray tanning will be done at the venue, so be sure to book appointments accordingly.

THE IFBB HAS BANNED ALL TANS THAT CAN BE WIPED OFF. AN OFFICIAL WILL CHECK THE TAN OF ALL ATHLETES BACKSTAGE AND IF THE TAN COMES OFF BY SIMPLY WIPING, THE ATHLETE WILL BE TOLD TO REMOVE THE TAN BEFORE GOING ON STAGE.

COMPETITOR NOTIFICATION

Once your registration has been received and accepted, an official letter will be sent confirming your participation in the 2013 Arnold Amateur. Those athletes who have not met the established requirements, who missed the deadline for registration, or who registered in a division that has already been closed out, will also be notified that they will be unable to participate in this competition.

We strongly encourage you to register early and make the appropriate arrangements to compete in Columbus.

OVERALL WINNERS NOTIFICATION

Men's & Women's Bodybuilding, Men's Classic Bodybuilding, Fitness, Bodyfitness/Figure, Bikini and Physique overall winners will receive two tickets to attend the Saturday evening's Arnold Classic Bodybuilding Finals.

A group photograph of overall winners with Gov. Arnold Schwarzenegger will be taken on Saturday evening during the Arnold Classic Finals at Veterans Memorial.

Overall winners will also have individual photographs photo taken with Gov. Schwarzenegger at noon on Sunday, March 3, 2013 at the Sponsor Luncheon.

POSING MUSIC

All posing music – 60 second for bodybuilding and 90 seconds for fitness -- must be on an audio CD only. The posing music must also be at the start of the CD. Each competitor must affix his name on the CD for easy identification. The use of profane, vulgar and offensive language is strictly prohibited in the posing music.

IMPORTANT NOTICE TO COMPETITORS

Each competitor will be provided with an athlete competitor wrist band at the Mandatory Competitor Check-In. This wrist band allows daily admission to the Arnold Fitness EXPO Friday, March 1 through Sunday, March 3. For a complete schedule of Arnold Sports Festival events visit www.ArnoldSportsFestival.com

Any competitor in the Saturday, March 2, 2013 finals must wear this wrist band for admission into the competition hall at the Greater Columbus Convention Center.

No trainers will be permitted in the backstage area. Noncompliance with this rule will result in disqualification and possible suspension.

VENUES

The 2013 Arnold Amateur will be held at Veterans Memorial, 200 W. Broad St., Columbus, Ohio.

All finals except Men's Classic Bodybuilding and Figure Masters will be held at Greater Columbus Convention Center, 400 N. High St., Columbus, Ohio.

Thursday, Feb. 28, 2013

Fitness, Figure Bikini and Men's Classic Bodybuilding Prejudging and Men's Classic Bodybuilding Finals will be held at 6 p.m. at Veterans Memorial Auditorium, 300 West Broad Street. A general admission ticket may be purchased for \$25 in advance at ticketmaster.com/Arnold or at the venue site.

Friday, March 1, 2013

Men's & Women's Bodybuilding Prejudging, Men's & Women's Physique and Figure Masters Prejudging and Figure Masters Finals will be held at Veterans Memorial Auditorium, 300 West Broad Street, at 9 a.m. A general admission ticket may be purchased for \$25 in advance at ticketmaster.com/Arnold or at the venue site.

Men's & Women's Physique Finals will be held at 5 p.m. at the Arnold Fitness EXPO Stage at the Greater Columbus Convention Center.

Admission to the Men's & Women's Physique Finals is included in a Daily EXPO Ticket (\$15 at the door, \$10 in advance at ticketmaster.com/Arnold).

Saturday, March 2, 2013

Men's & Women's Bodybuilding, Fitness, Figure and Bikini Finals will be held on the Arnold Fitness EXPO stage at the Greater Columbus Convention Center, 200 North High Street, from 10 a.m. to 1:30 p.m.

An Arnold Fitness EXPO ticket (\$10 in advance, \$15 at the door) is required and may be purchased in advance at ticketmaster.com/Arnold. Tickets may be purchased the morning of the event at the venue site.

IMPORTANT NOTES:

The Organizer of the event in USA will only accept registrations from U.S. athletes. U.S. competitors must be members of the National Physique Committee (NPC). Athletes can get 2013 NPC cards at the Arnold Amateur.

Entry Forms from athletes from countries other than the United States will only be considered if they are sent by the National Federation of the athlete and directly to IFBB Headquarters in Madrid. The final decision to allow an athlete to compete in this event rests with the IFBB. The Entry Form must be submitted to IFBB Head Office in Madrid with a brief resume of each athlete registered on the form.

All the costs for traveling, hotel, accommodations, transport from and to the airport and meals are the responsibilities of the national federations or individual athletes. Check with your national federation for more information.

GENERAL QUESTIONS

USA Athletes

Arnold Amateur

Bob Lorimer, Promoter

614-430-5962 ext. 103

bob@arnoldexpo.com

Canadian Athletes

Mark Smishek

Canadian IFBB

msmishek@regina.ca

1-306-596-7277

International Athletes

IFBB

IFBB General Secretary

William Tierney

+44 151 931 4090 (phone)

+44 151 931 4090 (fax)

w.tierney@ifbb-uk.com

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Fitness, Figure, Bikini and Physique Championships**

February 28-March 2, 2013 * Columbus, Ohio

Schedule of Events
(All Times Approximate)

Thursday, February 28, 2013 – Veterans Memorial

- 11 a.m. Competitors Check-In (All Competitors)
- 5 p.m. Competitors Meeting (Fitness, Figure, Bikini, Men's Classic)
- 6 p.m. Men's Classic Bodybuilding Prejudging
- 7 p.m. Fitness Routine Round
- 7:40 p.m. Men's Classic Bodybuilding Finals and Awards
- 8 p.m. Bikini Two-Piece Round
- 9 p.m. Fitness Two-Piece Round
- 10 p.m. Figure Two-Piece Round

Friday, March 1, 2013 – Veterans Memorial

- 7 a.m. Competitors Check-In (Men's & Women's Bodybuilding, Men's & Women's Physique and Figure Masters)
- 8 a.m. Competitors Meeting (Men's & Women's Bodybuilding, Men's & Women's Physique, Figure Masters)
- 9 a.m. Men & Women's Physique Prejudging
- 10 a.m. Figure Masters Two-Piece Round
- 11 a.m. Women's Bodybuilding Prejudging
- 11:30 a.m. Figure Masters Finals and Awards
- Noon Men's Bodybuilding Prejudging

Friday, March 1, 2013 – Greater Columbus Convention Center

- 4 p.m. Competitors Check-In (Men's & Women's Physique)
- 5 p.m. Men's & Women's Physique Finals and Awards

Saturday, March 2, 2012 – Greater Columbus Convention Center

- 8 a.m. Competitors Check-In (All finalists in Men's & Women's Bodybuilding, Fitness, Figure and Bikini)
- 9 a.m. Competitors Meeting
- 10 a.m. Fitness and Figure Finals and Awards
- 10:45 a.m. Women's Bodybuilding Top 5 Routines
Women's Bodybuilding Awards
Overall Pose Down for Women's Bodybuilding
- 11:30 a.m. Bikini Finals and Awards
- Noon Men's Bodybuilding Top 5 Routines
Men's Bodybuilding Awards
- 1:30 p.m. Overall Pose Down for Men's Bodybuilding